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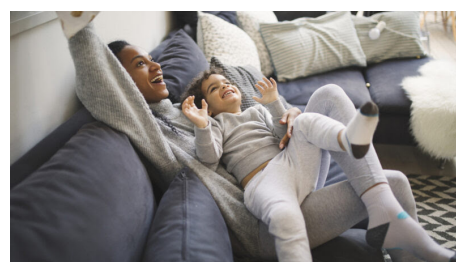
Digital Opportunity Winter virtual screening

Join Iowa PBS virtually on Saturday, February 27 at 10 a.m. for our PBS KIDS Snow Party! During the virtual event, families will [watch a special winter program from PBS KIDS](#) followed by an easy at-home activity led by one of our Iowa PBS educators.



Kids & Family 11 simple self-care habits for kids

Self-care isn't selfish, it's a basic need of being human! By teaching your child simple acts of self-care and including nurturing routines into your family life, you can show that taking care of ourselves, and each other, is important. Thankfully, establishing healthy self-care habits for kids doesn't have to be complicated - and it can be a lot of fun! Here are 11 easy strategies to [help kids practice self-care](#)!



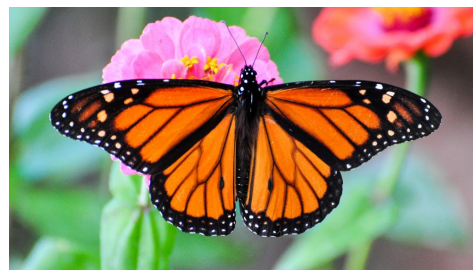
Early Childhood Positive problem solving

Problem solving is an essential skill that helps children build resilience. It requires kids to think critically, manage their impulses, make plans and keep trying! That seems like a lot, but together we can [empower children to strengthen their problem-solving skills](#).



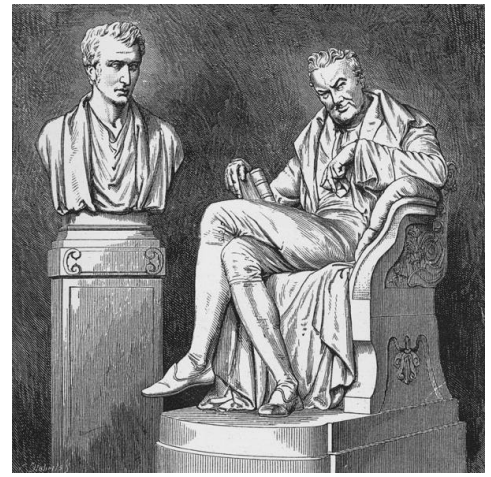
Elementary Creating the next generation of citizen scientists

One of the keys to preserving Iowa's limited natural resources is to help students understand the balance between the limitless needs of humanity and the stark reality of the Earth's finite resources. How can educators instill a desire to keep Iowa's resources available for future generations? One way is to [encourage students to become citizen scientists](#). According to the Iowa Conservation Education Coalition, "Citizen science projects combine useful observation or data collection with an opportunity for students to learn more about scientific principles, problems and processes as well as helping them better understand our environment and how to protect it."



Secondary**A diverse community -- Buxton**

The history of Buxton, Iowa, is unique for the time in which it was built, as well as our current time. Racial integration and harmony existed in Buxton at a time when racial tolerance was the exception and not the rule. While most communities in Iowa and the country were segregated by race, this small Iowa town was an anomaly. This racial utopia only lasted for 20 years, but the town's impact on Iowa and America remains. Iowa PBS is proud to bring you this unique Iowa story. Check out ***Iowa Pathways*** for more [ordinary Iowans doing extraordinary things](#).

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